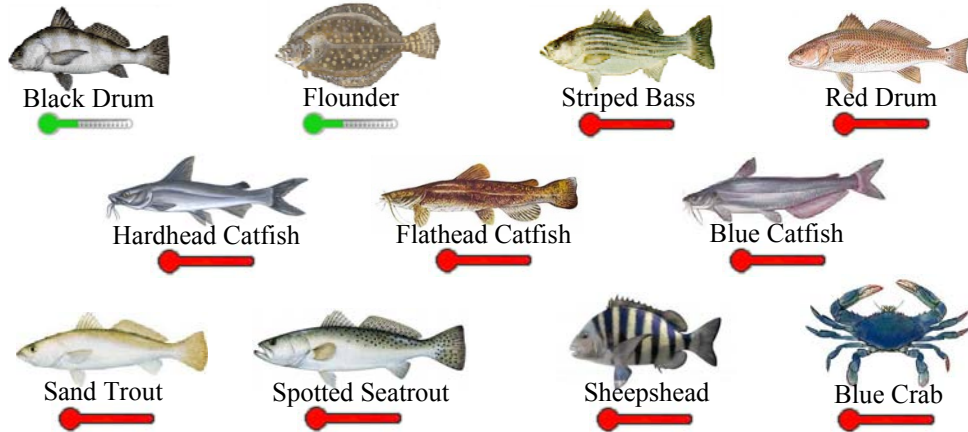


“Come early, fish late, know what’s safe to put on your plate”



Fish caught in San Jacinto River, Houston Ship Channel & Upper Galveston Bay

Contaminants of concern: Dioxins, organochlorine pesticides, and PCBs



Fish Serving Sizes

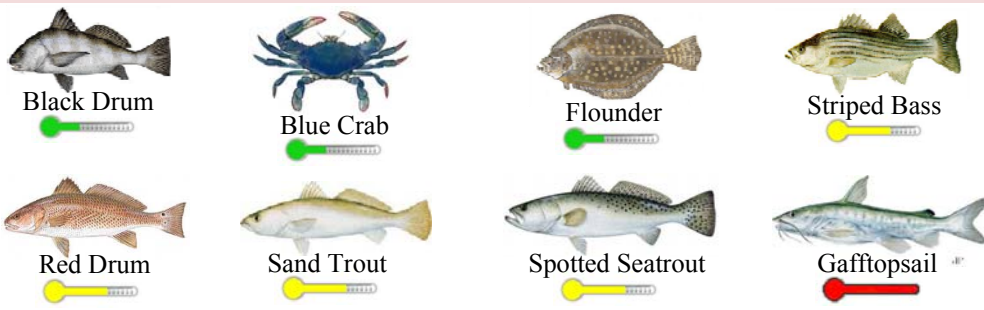
- ✓ For adults: One serving is 6-8 ounces of uncooked fish (about the size of an adult’s hand - large blue oval)
- ✓ For children: One serving is 2-4 ounces of uncooked fish (about the size of the palm of an adult’s hand - small orange oval)



- Up to 8 servings per month (Green)
- Up to 4 servings per month (Yellow)
- Try to avoid eating (Red)

Fish caught in Galveston Bay (including Chocolate, East, Trinity, and West Bays)

Contaminants of concern: Dioxins and PCBs



Eat Fish Low in...

Mercury

Fish caught in the Gulf of Mexico

Low Risk



Tripletail



Lane Snapper



Red Snapper



Dolphinfin



Gray Triggerfish



Mangrove Snapper



Spanish Mackerel

Medium Risk



Yellowfin Tuna



Cobia



King Mackerel <35"

High Risk



Little Tunny
"Bonito"



King Mackerel >35"



Swordfish



All Sharks



Wahoo



Blackfin Tuna



Crevalle Jack



Blue Marlin

The **3Cs** to safer fish:

1. *Choose* fish that are lower in chemicals.
2. *Clean* away the fat, skin, and organs where PCBs and dioxins are stored. Mercury is in the meat and can't be cleaned away.
3. *Cook* fish on a grill or rack so fat can drip away. Don't save oil used for frying fish.

For more information about fish advisories in Texas, contact the:

Texas Department of State Health Services
Seafood and Aquatic Life Group
512-834-6757

www.dshs.state.tx.us/seafood/survey.shtm

